



SINGLE BAHNG MAHNG EE

(SINGLE SHORT STICK)

BASICS

Strikes

1. Proper Holding of the Bahng Mahng Ee
2. Palm Positions
 - a. Palm Up
 - b. Palm Down
 - c. Palm Sideways
3. 9 Strikes
 - a. Holding in the right hand
 - b. Holding in the left hand
4. Fan
 - a. High
 - i. Holding in the right hand
 - ii. Holding in the left hand
 - b. Low
 - i. Holding in the right hand
 - ii. Holding in the left hand

These are the fundamental elements found in your Single Bahng Mahng Ee Pattern. Let us practice them to ensure they appear both effective and strong.